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WAR FOOD ADMINISTRATION  
Office of Marketing Services  
150 Broadway  
New York 7, New York

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January 1, 1945

INFORMATION ON DRIED WHOLE EGGS  
(U.S. Bureau of Human Nutrition and Home Economics)  
(Source)

Dried egg is reconstituted by adding the approximate amount of water that was evaporated from the product in the process of drying. After reconstitution, dried egg may be used in the same way as fresh egg; specially prepared recipes are unnecessary. Dried egg to which water has been added will keep only as long as fresh egg, removed from the shell.

Directions for the Use of Dried Whole Eggs

Dried whole egg powder may be reconstituted with water in the following way by use of either volume or weight measurements.

Proportions by volume:

1 whole egg = 2 tablespoons dried whole egg plus 2 tablespoons water

Proportions by weight:

1 part dried whole egg to 3 parts water

6 grams may be taken as the average weight of 1 tablespoon dried whole egg. Weight measurements are more accurate than volume measurements because dried egg varies considerably in weight of a given volume, depending on method of manufacture. A variation of from 5 to 9 grams per tablespoon, or from 80 to 144 grams per cup, was found among 57 different samples of dried egg recently examined.

Put the dried egg into a bowl, add the water slowly, and mix until smooth. Let stand 15 minutes before using. In recipes where dry ingredients are sifted together, the dried egg can be mixed with the dry ingredients. The water required to reconstitute the egg should then be added to the other liquid.

Dried whole egg may be used in any recipe which calls for fresh whole egg. The aerating power of dried egg is inferior to fresh or frozen eggs, and is greatly influenced by the quality of the dried egg and the conditions of use. The ability to coagulate and to emulsify is also effected by changes in the egg proteins due to time and temperature of storage. When strong storage flavors develop in dried egg, they are most noticeable in plain egg dishes such as scrambled eggs and custards. Off-flavors show up least in baked products.

Storage

Store dried egg in a tightly covered container, in a cool place. Held at refrigerator temperature (45° F.) or below, dried egg of good quality should give satisfactory results for at least a year. Held at high temperatures they soon become dull and dark in color, and develop off-flavors.

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